

# December Activities - Urbana Senior Center

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9020 Amelung St., Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

<i><b>Mondays</b></i> <i><b>9:00-3:00</b></i>		<i><b>Tuesdays</b></i> <i><b>9:00-8:00</b></i>		<i><b>Wednesdays</b></i> <i><b>9:00-3:00</b></i>		<i><b>Thursdays</b></i> <i><b>9:00-3:00</b></i>	
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.				<b>Lunch is served every day at Noon.</b> Reservations must be made at least 48 hours in advance.			
<b>1</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video <b>1:30 Book Club</b>		<b>2</b> 10:00 *English Conversation 11:00 Exercise to Video <b>1:00 Stitching Post</b> 1:00 Chinese Mah Jong 5:30 *Dinner 6:00 Mexican Train Dominos		<b>3</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>		<b>4</b> 10:00 *English Class 11:00 Exercise to Video 1:00 Rummikub	
<b>8</b> <b>Nutrition Minute Day</b> <b>“Making Celebrations Fun, Healthy and Active”</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video <b>1:30 Current Events</b>		<b>9</b> <b>Nutrition Minute Day</b> <b>“Making Celebrations Fun, Healthy and Active”</b> 10:00 *English Conversation 11:00 Exercise to Video <b>1:00 Stitching Post</b> 1:00 Chinese Mah Jong 5:30 *Dinner 6:00 Cards and Games		<b>10</b> <b>Nutrition Minute Day</b> <b>“Making Celebrations Fun, Healthy and Active”</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>		<b>11</b> <b>Nutrition Minute Day</b> <b>“Making Celebrations Fun, Healthy and Active”</b> 10:00 *English Class 11:00 Exercise to Video <b>11:00 Mobile I&amp;A</b> 11:30 Blood Pressure <b>Noon *Breakfast for Lunch with Nurse Steve</b> <b>“Is there anything I can do to ease my aching joints?”</b>	
<b>15</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced <b>1:30 Book Club</b>		<b>16</b> 10:00 *English Conversation 11:00 Exercise to Video <b>Noon Preparing for the Holidays: Mentally &amp; Emotionally</b> <b>1:00 Stitching Post</b> 1:00 Chinese Mah Jong 5:30 *Dinner <b>6:30 Inside Scoop: Caroling</b>		<b>17</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>		<b>18</b> 10:00 *English Class 11:00 Exercise to Video <b>Noon *Holiday Luncheon and Re-gifting Bingo</b>	
<b>22</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced <b>1:30 Current Events</b>		<b>23</b> 10:00 *English Conversation 11:00 Exercise to Video <b>1:00 Stitching Post</b> 1:00 Chinese Mah Jong <b>Closing at 4:00 pm</b>		<b>24</b> <b>Closed</b>  <b>Enjoy the Holiday</b>		<b>25</b> <b>Closed</b>  <b>Enjoy the Holiday</b>	
<b>29</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced		<b>30</b> 10:00 *English Conversation 11:00 Exercise to Video <b>Noon *Noon’s Eve Meal</b> <b>1:00 Stitching Post</b> 1:00 Chinese Mah Jong 5:30 *Dinner 6:00 Cards and Games		<b>31</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>		<b>Jan. 1</b> <b>Closed</b>  <b>HAPPY NEW YEAR</b>	
<div><div>Mitten Tree</div><div>Donate mittens, gloves, hats and scarves to</div></div>							



## Mitten Tree

Donate mittens, gloves, hats and scarves to decorate our tree. In January we will give the items to a good cause.